

VIBRO LOUNGER MENU

MEDITATION

THE DEEP OM (BEGINNER) | 26MIN. 174HZ

A full body experience, allowing yourself to melt into the primordial sound of the universe, the Om. This light meditative session will help introduce you to the effects of the Vibro Lounger.

THE DEEP OM (INTERMEDIATE) | 29MIN. 285HZ

A full body experience, allowing yourself to melt into the primordial sound of the universe, the Om. This intermediate meditative session is encouraged for those wishing to nurture their meditative process.

THE DEEP OM (EXPERIENCED) | 28MIN 396HZ

A full body experience, allowing yourself to melt into the primordial sound of the universe, the Om. This advanced meditative session is encouraged for those wishing seeking a deep meditation.

SLUMBER | 40MIN. 285HZ

Step in to a deep mediation to ease your mind and restore restful sleep.

LA SIRENA | 22MIN. 417HZ

Enjoy the sounds of the handpan, in this meditative journey.

A GRATEFUL HEART (GUIDED MEDITATION) | 20MIN

Find gratitude and peace with your surroundings through this guided meditation. This track does not have a specific HZ

DYNAMIC BREATHWORK (GUIDED MEDITATION) | 21MIN.

Be guided through a dynamic breathwork exercise that will help you find calm and rejuvenation. This track does not have a specific HZ.

RECOVERY

RELEASING TRAUMA | 34MIN. 417HZ

A track dedicated to helping us heal from trauma and past experiences.

JUST THE DIDGE | 33MIN. 417HZ

The powerful sounds of the didgeridoo used to help cleanse the spirit and body of trauma.

ANCESTRAL HEALING | 33MIN. 417HZ

Promote inner healing of ancestral wounds and inherited trauma.

RELEASE | 28MIN. 594HZ

Release the burden of behavior and thought that doesn't not benefit you any more. A meditative journey that will help promote healthier actions

REFLECTION | 24MIN 528HZ

Deepen the practice of reflecting on yourself, your decisions and any area of your life you wish to improve.

I AM REJUVENATED | 33MIN 285HZ

This track promotes the rejuvenation and repair of deep tissues and organs

MENTAL WELLNESS

RELEASING OLD STORIES | 29MIN 432HZ

Release any old stories you may feel held back by, and lean in to this deep journey to uncovering your true self.

ADDICTION | 22MIN 594HZ/7.5HZ

Recover and break free from addictive behaviors. Two HZs are used in this track, targeting isochronic tones to address addictive behaviors.

INSPIRATION | 22MIN

Ignite the flame of inspiration and passion with this track intended to trigger your creative self. This track does not have a specific HZ.

RETURN TO LOVE (GUIDED MEDITATION) | 18MIN

Connect to your soul, your heart and your potential for love. This track does not have a specific HZ.

NATURE

OCEAN DREAMS | 25MIN 485HZ

Plunge in to the blue sea and allow yourself to float with the creatures of the deep. This track will take you from the scenes of a bustling beach, to the remote depths of the ocean.

RAIN FOREST | 31MIN

This track does not have a set HZ, as it is intended to help you drift into a timeless, interconnected space with nature

CLARITY | 24MIN

This track does not have a set HZ, and is intended to help the listener reflect, finding clarity to overcome any obstacles

BREATH OF THE WIND | 33MIN

Connect with nature through this meditative combination of guitar, native flute and a thunderstorm on the shores of Bali. This track does not have a specific HZ.

CHAKRA HEALING

I AM CONNECTED TO MY HIGHER SELF | 33MIN 963HZ

Activate your pineal gland and tap in to your crown chakra through this track dedicated to accessing your higher consciousness.

I AM INTUITIVE | 33MIN 852HZ

Reduce anxiety and nervousness by connecting to your spirit through this track dedicated to the third eye.

MY BODY IS CLEANSED | 33MIN 741HZ

Find your inner health and wellbeing through speaking your truth with this track dedicated to your throat chakra.

I AM IN HARMONY WITH MY SURROUNDINGS | 33MIN 6395HZ

Balance your emotions and elevate your mood with this track focused on the heart chakra.

I AM PURE LOVE | 33MIN 528 HZ

Catalyze DNA repair, deep healing and relaxation by using this track to focus on the solar chakra.

I AM IN TUNE | 33MIN 432HZ

Tune your body to the natural vibrations of the earth, with this track focused on the sacral and root chakras.

I AM TRANSFORMED | 33MIN 417HZ

Remove negativity and restore your true self with this track focused on the sacral chakra.

I RELEASE GUILT AND FEAR | 33MIN 396HZ

Relieve yourself of the burdens of guilt and fear, with this track dedicated to the root chakra

MY BODY IS ALIGNED | 33MIN 174HZ

Relieve pain and stress with this track focused on inner healing.

HERTZ, SOLFEGGIO FREQUENCIES, AND THE CHAKRAS, EXPLAINED...

WHAT ARE "SOLFEGGIO FREQUENCIES"?

Solfeggio frequencies are specific sound patterns and vibrational waves that interact with and stimulate the brain to varying degrees. The vibrational patterns can trigger the brain to stimulate recovery, relaxation, meditative states of mind, emotional rebalancing and relieve stress or anxiety. On a deeper level, these vibrational frequencies are believed to directly impact mitochondria, the powerhouses of our cells, triggering healing and wellbeing on a cellular level.

Specific Solfeggio frequencies interact directly with different aspects of the brain and nervous system. These different frequencies and interactions are best described when related to the Chakras. Below is a brief explanation of which frequencies are best for each chakra, or bodily system.

ROOT CHAKRA (396 HZ)

The root chakra is located at the base of the spine. It is associated most with the feelings of being grounded, safe, and secure. This chakra is also responsible for our survival instinct.

The solfeggio frequency of 396 Hz stimulates the root chakra. This frequency is associated with the feeling of safety and security. It is also said to help with anxiety and fear. The lower solfeggio frequencies can help ground and stabilize us.

Music that contains this frequency allows us to connect to our natural state of feeling safe and secure.

SACRAL CHAKRA (417 HZ)

The sacral chakra is located just below the navel. It is associated with creativity, pleasure, and sexuality.

This solfeggio frequencies is believed to help with creative visualization. This frequency can also help to increase our sexual energy and pleasure. When our sacral chakra is in balance, we feel confident and creative. We are able to enjoy our sexuality and our lives.

With the help of 417 Hz, we can connect to our creative side and start manifesting our desires. This frequency can help us let go of old patterns that no longer serve us.

SOLAR PLEXUS CHAKRA (528 HZ)

The solar plexus chakra is located just above the navel. This chakra is related to our power, will, and determination. It is also the chakra of our ego.

The solfeggio frequency of 528hz stimulates the solar plexus chakra. This frequency is associated with personal power and confidence. It is also said to help with decision-making and manifestation.

Music of this frequency helps us reconnect to who we are. It can also help us to make decisions from a place of strength and mental clarity.

HEART CHAKRA (639 HZ)

The heart chakra is most often associated with love. And while love is certainly an aspect of this chakra, there is much more to it.

The heart chakra is located in the center of the chest. This chakra is associated with our ability to love both ourselves and others. It is also the chakra of compassion, forgiveness, and understanding.

The solfeggio frequency of 639 Hz is believed to help us heal old wounds and create relationships based on love and understanding. It is also said to help us connect with our higher self.

Music at 639 Hz can help us to heal old traumas and open our hearts to giving and receiving love.

THROAT CHAKRA (741 HZ)

This chakra is responsible for our ability to communicate our needs and desires. It is also the chakra of self-expression and creativity.

The solfeggio frequency of 741 Hz stimulates the throat chakra. This frequency helps us to connect to our higher selves and express our authentic voices. It is also said to help with creative visualization and manifestation.

When we listen to music at 741 Hz, we can open up to our higher purpose and begin to express ourselves in more authentic and creative ways.

THIRD EYE CHAKRA (852 HZ)

The third eye (pineal gland) is located in the middle of the forehead. It is associated with our ability to see clearly, both physically and intuitively.

The third eye chakra is related to the solfeggio frequency of 852 Hz. With music at this frequency, we can open up to our intuition and begin to see things more clearly. It is also said to help with meditation and relaxation.

CROWN CHAKRA (FREQUENCY: 963 HZ)

The crown chakra is associated with our highest state of consciousness. This chakra is said to be the gateway to our spiritual selves.

The solfeggio frequency of 963 stimulates the crown chakra. This frequency is said to help us connect with the Divine and our highest selves. It is also said to promote feelings of peace and bliss.

When we listen to music at 963 Hz, we can open up to our spiritual side and experience a sense of oneness with the Universe and the spiritual order. This frequency can also help us to let go of our ego and connect with our higher purpose.